

# American Profile

## Morning FOOD

Cookbook author  
Margaret Fox presents  
five great ways to  
start the day

MAKE YOUR HOUSE A...



### INSIDE:

- St. Patrick, Mo.
- Our Picks
- Combining plants and containers
- Oatmeal pancakes & breakfast casserole



## Ask American Profile

**Q** How is newscaster Bob Woodruff doing since his tragedy in Iraq?

—Robert Ellmont, Mesquite, Nev.

**Newsman Bob Woodruff**



The 45-year-old *World News Tonight* co-anchor was nearly killed in January of last year when a roadside bomb explosion left him with severe brain trauma and a fractured skull. Though he no longer needs physical or speech therapy, he's still in cognitive rehab to regain his full mental faculties. He is writing a book and putting together a TV special about the traumatic experience and his climb to recovery.

**Q** What can you tell me about actor Strother Martin? I found out after he died that we were cousins.

—Eleanor Martin Smith, Great Bend, Kan.

Born in Kokomo, Ind., Martin served in the Navy during World War II. Afterward, he moved to Los Angeles, where he began his acting career with bit parts and worked his way up. He appeared in three classic Westerns all released in 1969—*The Wild Bunch*, *Butch Cassidy and the Sundance Kid* and *True Grit*. He probably is best known, though, for his classic line from *Cool Hand Luke*: "What we got here is failure to communicate." He appeared on *Saturday Night Live* in April 1980 and died of a heart attack four months later at the age of 61.

**Q** What did Vicki Lawrence do after *Mama's Family*?

—Pat Walker, Minerva, Ohio

Toward the end of *Mama's Family* in 1990, Lawrence, 57, who played the TV show's colorfully comedic curmudgeon, was tapped to host *Win, Lose or Draw*. "It was nice to be me on camera instead of an old lady all the time," she says. Afterward, she hosted her own talk show for two seasons, but split after creative conflicts with the producers. Now she presents her own touring theatrical show, *Vicki Lawrence and Mama: A Two Woman Show*, featuring show-biz anecdotes from Lawrence and a performance by her alter ego, Mama.

Vicki Lawrence still loves "Mama."



**Q** What's up with ABBA these days?

—Norman Grote, Crossville, Tenn.

The wildly successful Scandinavian pop quartet disbanded in 1982, trailing a string of infectious pop hits that included "Waterloo," "S.O.S.," "Mamma Mia," "Fernando" and "Dancing Queen." The act took its name from the first letters of its member's names: Agnetha, Björn, Benny and Anni-Frid. Their legacy includes a musical based on their music, *Mamma Mia!*, which last year became one of the 25 longest-running Broadway productions of all time, and an interactive ABBA museum set to open in 2008 in Stockholm, Sweden, to display some of their costumes, instruments and other memorabilia.

ABBA rocked the 1970s.



**Q** I don't want to appear stupid, but can you tell me what the term "Characters Welcome" means that I see on TV ads for sitcoms and weekly shows?

—Don Molitor, Lake City, Mich.

"Characters Welcome" is the new tagline for shows on the USA Network, part of a campaign to brand the channel as the TV home of "compelling, sometimes complicated, often funny characters" such as the germaphobic *Monk*, the muscle-bound wrestlers of *WWE* or the driven crime fighters on *Law & Order: Special Victims Unit*.

\* Cover photo by High Cotton Food Styling & Photography

Monk is a real TV "character."



■ Would you like to know more about your favorite celebrity or public figure?

Send your questions to:

Ask American Profile, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067 or e-mail us at [askus@americanprofile.com](mailto:askus@americanprofile.com).

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from NEIL POND  
Entertainment Editor

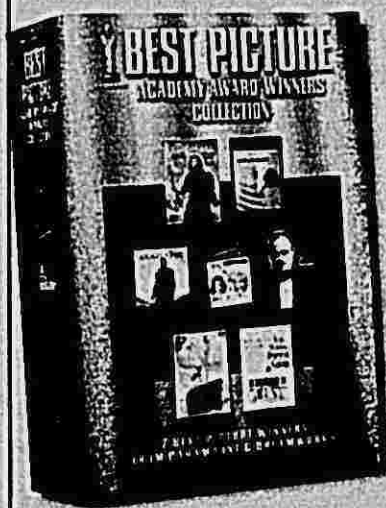


### Classic Bluegrass Collection

Various artists

10-CD box set

If you think you can name a bluegrass song that's *not* in this sweeping, 120-song collection, knock yourself out—while the rest of us happily tap our feet to "Foggy Mountain Breakdown," "Uncle Pen," "Mountain Dew," "Dueling Banjos" and a bountiful barn full of other classic tunes by the titans of the genre, including Bill Monroe, Flatt & Scruggs and Ralph Stanley, plus stars of today such as Vince Gill, Rhonda Vincent and Alison Krauss.



### Best Picture: Academy Award Winners Collection

7-DVD box set

What do the blockbuster movies *The Godfather*, *Gladiator*, *Forrest Gump*, *Titanic*, *American Beauty*, *Terms of Endearment* and *Braveheart* have in common? They've all won

Hollywood's highest honor, the Oscar for Best Picture—and they're all assembled here, with enough behind-the-scenes extras, bonus features, commentary tracks and other DVD goodies to keep you busy long after the popcorn is gone.

# Collections, Best Of's and Box Sets

Sometimes good things come in little packages.

That's certainly the case with these DVDs, CDs and books recommended by *American Profile's* Entertainment Editor Neil Pond. All pack big entertainment into a small space.

Read more Our Picks online at [www.americanprofile.com](http://www.americanprofile.com)

### The Best of Uncle John's Bathroom Reader by the Bathroom Readers' Institute

Softcover, 522 pages

Culled from seven previous volumes and including 150 all-new pages, this mind-boggling collection of easily digestible nuggets of entertainment, history, humor, science and pop culture offers something for every imaginable taste—and all short enough to read during a typical trip to the bathroom. Uncle John ("john" as in toilet—get it?) won't make you an expert on anything, but he'll ensure you become a font of fun factoids.



### Hollywood Hits: 70 Years of Memorable Movie Music

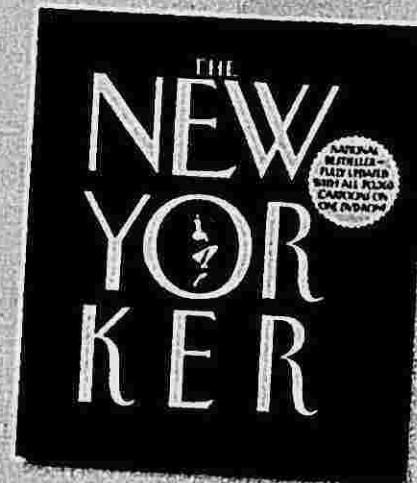
3-CD box set

Movie fans will love this ear-pleasing roundup of seven decades' worth of classic big-screen themes, Oscar-winning soundtrack numbers and other songs that have become part of our collective cultural scrapbook. Fifty-seven tracks rewind your memories to unforgettable scenes and other golden moments from more than 50 all-American film treasures, including *Gone With the Wind*, *The Pink Panther*, *Midnight Cowboy*, *M\*A\*S\*H*, *Rocky*, *The Wizard of Oz*, *Fame*, *Arthur*, *Show Boat*, *West Side Story*, *Carousel* and *Camelot*.

### The Complete Cartoons of The New Yorker Edited by Robert Mankoff

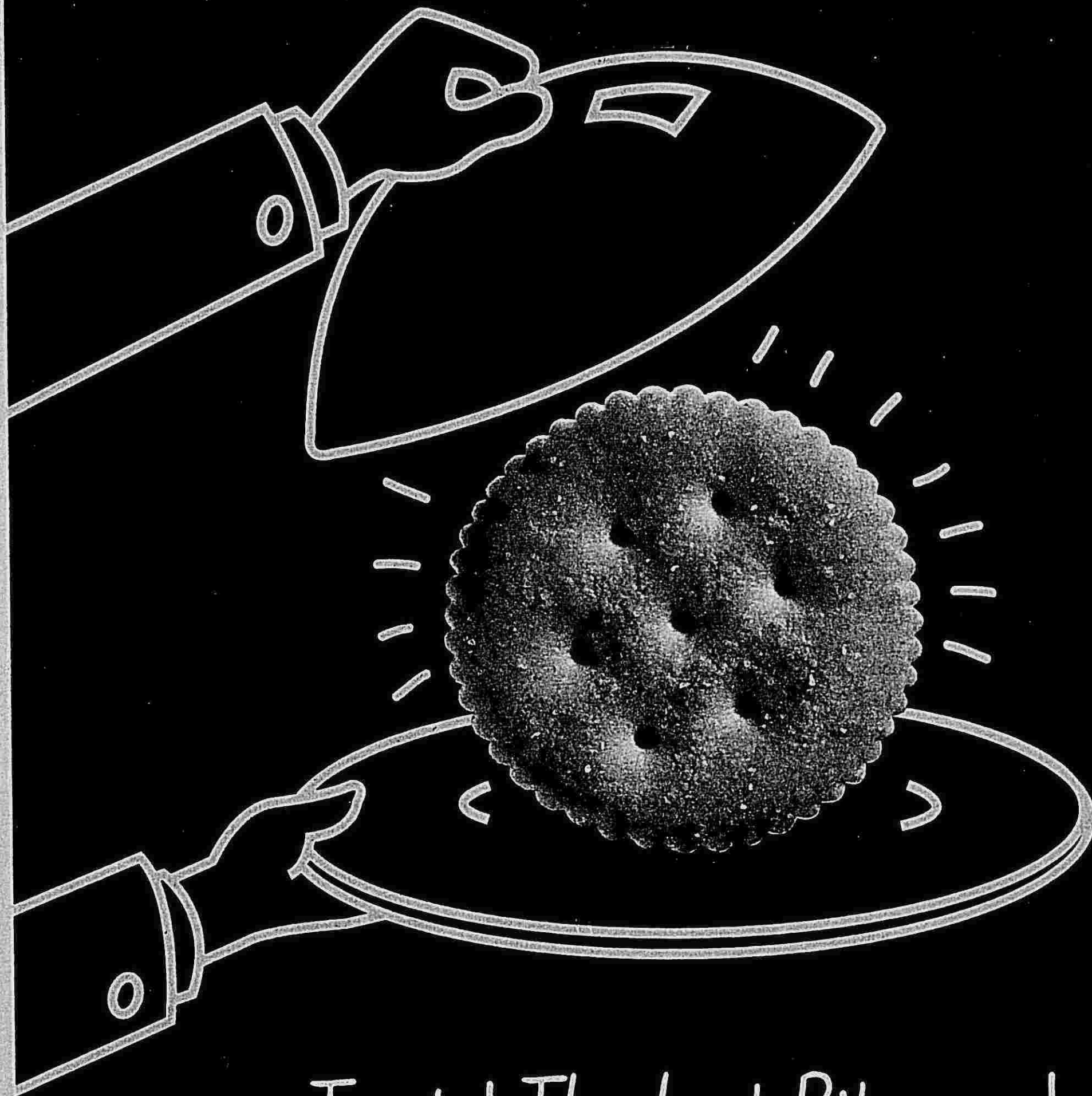
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Originally published as a hardcover coffee-table book in 2004, this newly revised, oversized paperback edition is loaded with 2,083 classic black-and-white renderings from the pages of *The New Yorker* magazine, which has chronicled American life, politics and entertainment since 1925. An enclosed DVD has—get ready—some 68,000 more, making this a comprehensive collection of every cartoon published in the magazine through February 2006. If you can't find something to tickle your funny bone here, you probably were born without one.



To order *Classic Bluegrass Collection* for \$126.96 (INCL S/H), *Hollywood Hits: 70 Years of Memorable Movie Music* for \$56.98 (INCL S/H), *The Complete Cartoons of The New Yorker* for \$42.00 (INCL S/H), *Best Picture: Academy Award Winners Collection* for \$83.99 (INCL S/H) or *The Best of Uncle John's Bathroom Reader* for \$24.95 (INCL S/H), go online to [www.americanprofile.com/store](http://www.americanprofile.com/store) or please have your credit card ready and call (800) 715-6248; or send check to Our Picks—Dept. OP10, P.O. Box 344, Louisiana, MO 63353. Residents of CA, TN, IL, MO and NY add sales tax. NSF checks will be automatically debited for the amount of the check plus applicable fees. Offer is limited and expires 5/11/07. Please allow 2-4 weeks for delivery.





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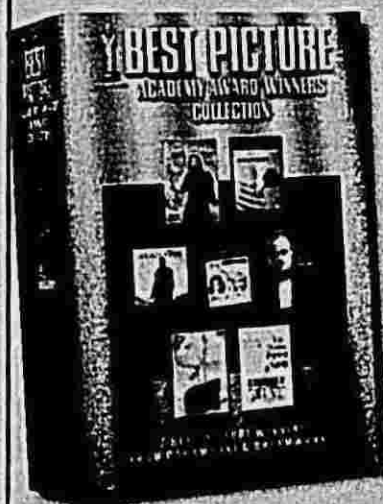
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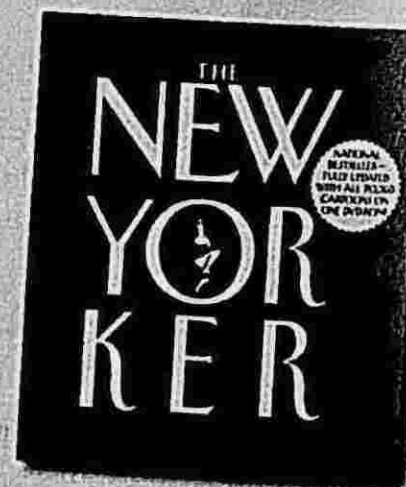
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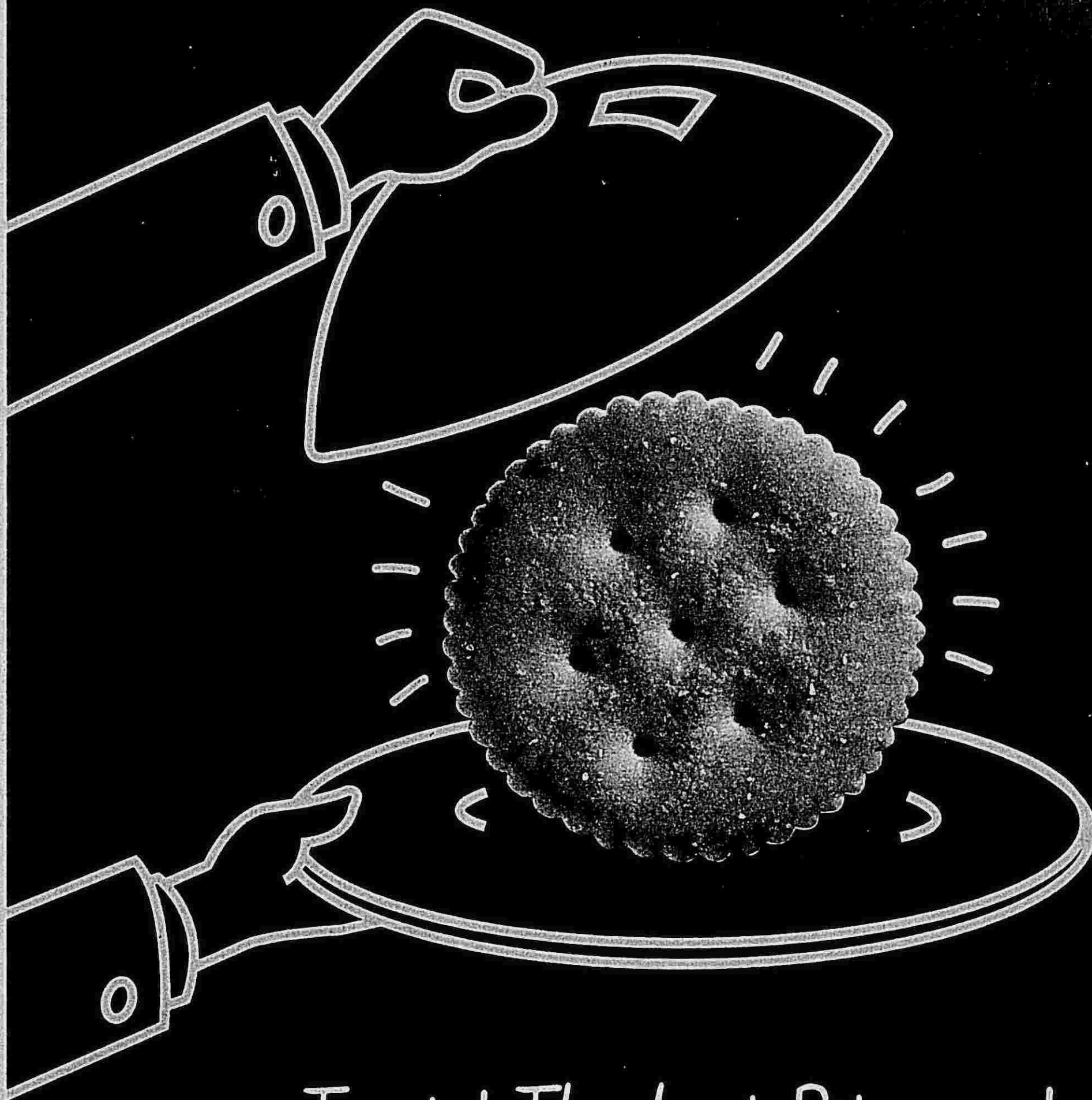
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## Hometown Spotlight

# ★ A Wee Bit of Ireland

by LORI ERICKSON

For the postmaster of St. Patrick, Mo. (pop. 19), March brings spring rains, blooming flowers and mailbags overflowing with letters.

"As far as we know, we're the only St. Patrick in the world—at least the only one with a post office," says Janie Hawkins, 45, who hand-stamps each letter with the town's specially designed green shamrock postmark.

"In 2006, we hand-stamped about 8,000 letters with the green shamrock cachet," Hawkins says. "A lot of them had Irish last names in the return address, and even if they didn't, many added an 'O' to their names just for fun."

On St. Patrick's Day, more than 700 visitors flock to the village in north-eastern Missouri where the beautiful Shrine of St. Patrick becomes the hub of the town's Irish celebration. Inside the Roman Catholic church, sunlight pours through stunning stained glass windows as tour guide Ellen Krueger, 78, tells how her great-great-grandparents founded the town in the early 1800s.

"Ever since then, we've been a little piece of Ireland in the middle of the Midwest," Krueger says proudly.

Visitors, many of whom sport green attire, tour the shrine, browse an Irish-themed gift shop, listen to an Irish storyteller and line up in front of the church for the "leprechaun giveaway" held in the afternoon. The

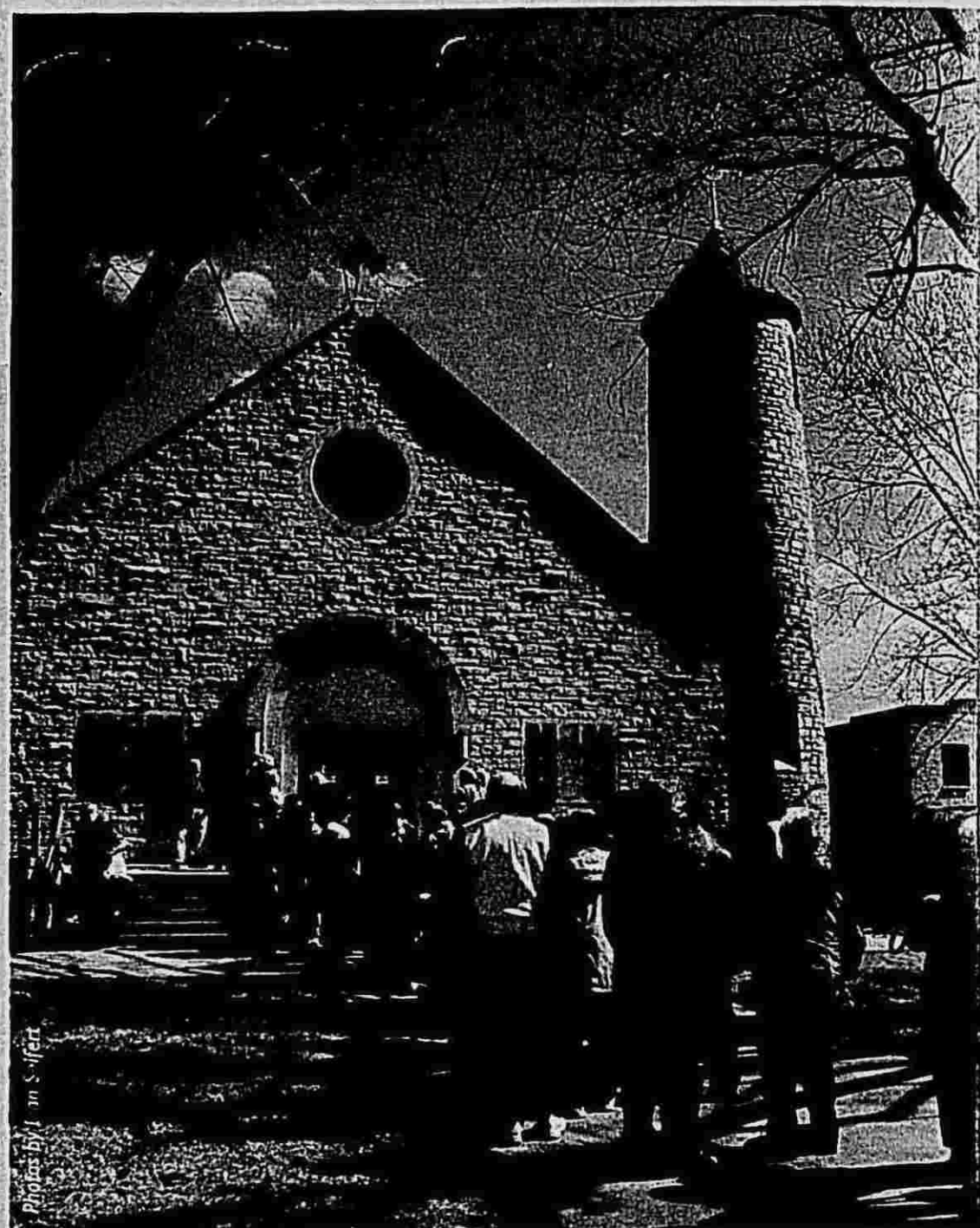
first 200 visitors receive gift bags, including some containing Irish-made treasures such as Waterford crystal.

This year, the town's St. Patrick's Day festivities mark the stately stone church's 50th anniversary. However, the town's Irish connection dates back to 1833 when a small group of Irish immigrants settled there. Originally named Marysville, the village was renamed after the local priest found the first choice already taken when he went to apply for a

A green, shamrock-adorned sign welcomes visitors to the St. Patrick, Mo., post office.

post office designation. Instead, he chose to honor Patrick, the missionary who brought Christianity to Ireland.

More than a century later, another Roman Catholic priest, Father Francis O'Duignan, proposed the idea of creating a shrine to St. Patrick in the town. A native of Ireland, O'Duignan wanted to honor both the saint and the nation that had welcomed so many Irish immigrants. To raise money, beginning in 1936, he sent letters around the country to people with Irish last names, asking if they would like to have their letters postmarked from



People line up outside the Shrine of St. Patrick church during the annual St. Patrick's Day "leprechaun giveaway," which features free gift bags containing Irish-made items.

the town—and also inviting them to make a contribution to the shrine.

It took more than 20 years, but the priest eventually raised more than \$250,000 to build the church modeled after St. Patrick's Memorial Church of Four Masters in Donegal, Ireland. The structure's crowning glory is 37 stained glass windows crafted in Dublin.

The church has another less visible link to Ireland. "Father O'Duignan put a rock under the altar from Croagh Patrick, the holy mountain of St. Patrick in Ireland," says Jason Richmond, 26, a church member who leads tours of the church each St. Patrick's Day. "He said he wanted to stand on a piece of Ireland each time he celebrated mass."

Today, about 50 families are part of the parish, says Father Paul Hartley, the church's current pastor. "We are tremendously proud of our shrine and we welcome anyone who wants to see it throughout the year as well as on St. Patrick's Day," he says.

During the last two St. Patrick's Day celebrations, an honored guest has been Marcus Duignan, the nephew of Father O'Duignan.

"I love the fact  
(Continued on page 14)

A visitor celebrates in her favorite Irish garb.







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**Cookbook author  
Margaret Fox  
presents five great ways  
to start the day**

# Morning Food

Spring is just around the corner, and with it comes the awakening of lots more than just nature's offerings. We're ready for fresh flavors, too. This breakfast collection offers just that, and vibrant colors as well. The recipes pack a big "wow" thanks to a dramatic look and a nutritious assortment of fruits and vegetables.

As the former owner of Café Beaujolais in coastal Mendocino, Calif., I have cooked many a breakfast for hungry customers. They appreciated all the traditional morning favorites—waffles, pancakes, coffee-cakes and egg dishes. Nowadays, balancing my job as culinary director at Harvest Market in Fort Bragg, Calif., with being a mom, I appreciate recipes that combine healthful ingredients and full flavor with speed of preparation. Add to that a hearty appetite, and I'd say you've got a perfect match.



**Margaret Fox**

You can get a start on all these recipes by measuring out the ingredients the night before. The next morning, jump out of bed and toss them together. No stress, and your houseguests and family will be impressed. Here are some other tips sure to get you rave reviews:

- Use fresh herbs rather than dried. Their flavor packs a real punch.
- Aim for a range of colors on the plate.
- Take a second to set the table, with fresh flowers or some other sprig of color.

*Fox is the author of Morning Food: Breakfasts, Brunches & More for Savoring the Best Part of the Day (Ten Speed Press, 2006).*

**Visit [www.margaretfox.com](http://www.margaretfox.com) for more information.**

## Banana-Pecan Pancakes

*Cooked bananas form creamy pockets in these hearty pancakes. Serve with warm maple syrup.*

- 1 1/4 cups whole-wheat flour
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 eggs, beaten
- 2 cups buttermilk
- 2 tablespoons melted butter
- 2 tablespoons honey
- 1 cup diced bananas
- 1 cup chopped, toasted pecans

1. Combine first 5 ingredients in a medium bowl. In another bowl, combine eggs, buttermilk, butter and honey; add to flour mixture and stir until blended.
2. Oil and preheat a large skillet. Pour 2 tablespoons batter per pancake into skillet. Arrange banana slices on top and sprinkle on pecans. Flip when bottoms are browned and cook other side. Makes about 20 (4-inch) pancakes.



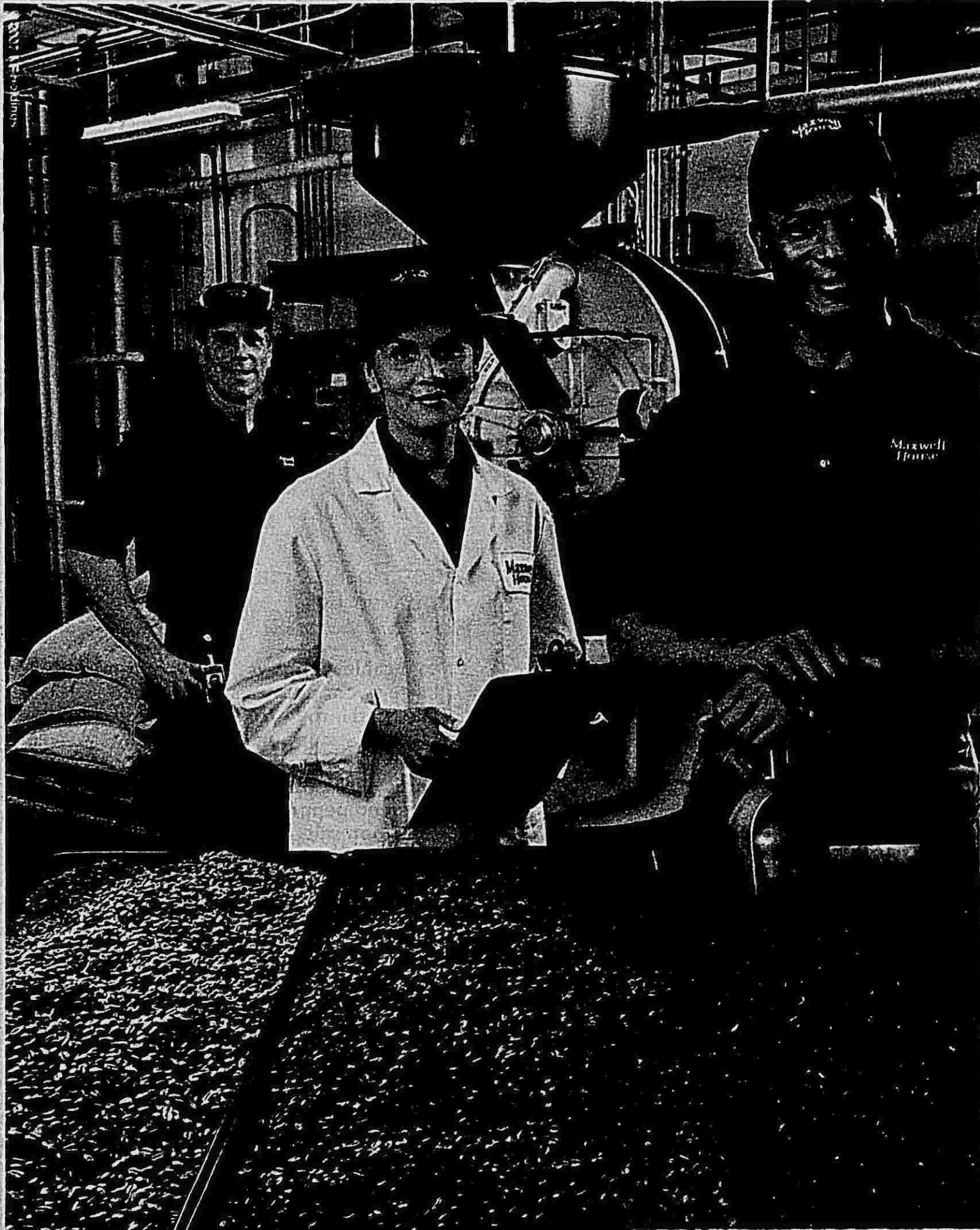


## Frittata with Ham and Vegetables

- 2 tablespoons olive oil
- ½ cup thinly sliced green onion
- ½ cup chopped red pepper
- ½ cup diced zucchini
- 1 teaspoon chopped fresh thyme
- 4 ounces diced ham
- 8 eggs
- ¼ teaspoon Tabasco sauce
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- 3 ounces diced pepper Jack cheese
- 1 cup herb-flavored croutons

1. Preheat oven to 375F.
2. Heat oil in a heavy ovenproof skillet over medium-high heat. Add green onion, red pepper and zucchini. Cook 2 to 3 minutes, stirring occasionally. Add thyme and ham and cook 1 minute.
3. Beat together eggs, Tabasco sauce, salt and pepper until well blended. Stir in cheese, then pour mixture over vegetables and ham in pan. Sprinkle croutons evenly over surface.
4. Cook 5 minutes, covered, over very low heat. Scrape around sides and bottom, and place in oven, uncovered, 10 to 12 minutes. Serve hot or at room temperature. Serves 4 to 5.

*(Continued on page 10)*



AT  
**OUR HOUSE**  
WE CUSTOM-ROAST OUR BEANS  
FOR PEAK FLAVOR.





(Continued from page 9)



## Apple-Cardamom Coffeecake

- 2¼ cups all-purpose flour
- ¼ teaspoon salt
- ½ teaspoon cinnamon, divided
- ¾ teaspoon cardamom
- 1 teaspoon ground ginger
- 1½ cups firmly packed brown sugar
- ¾ cup vegetable oil
- 1 cup sliced almonds
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 egg, beaten
- 1 cup buttermilk
- 1½ cups finely chopped, peeled Granny Smith apples

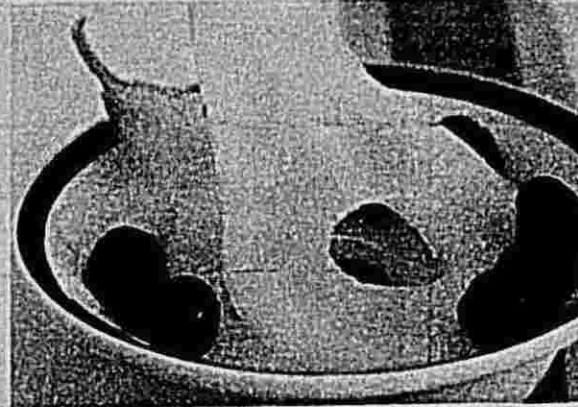
1. Preheat oven to 350F. Grease a 13-by-9-inch baking pan.
2. Combine flour, salt, ¼ teaspoon cinnamon, cardamom, ginger, sugar and oil in a large bowl; mix well. Remove ¾ cup of mixture, and to it add nuts and remaining cinnamon. Mix well, and set aside to use as topping.
3. To the remaining mixture, add baking powder, baking soda, egg and buttermilk; mix well (batter will be lumpy). Fold in apples.
4. Pour batter into pan. Sprinkle reserved topping evenly over surface. Bake 40 to 45 minutes. Serves 10 to 12.

### Did you like these recipes?

Post your comments on our new message boards at [AmericanProfile.com](http://AmericanProfile.com)

## Poached Fruit

- 1 cup apple juice
- 1 teaspoon lemon juice
- 1 cup water
- ½ cup granulated sugar
- 1 cinnamon stick
- 6 whole cloves



- 3 whole allspice berries (optional)
- ½ teaspoon anise seed
- 2 tablespoons fresh lemon juice
- 4 pears, cored and peeled
- 1 cup blueberries

1. Place all ingredients except the pears and blueberries into a large pot and simmer, uncovered, for about 10 minutes. Pour mixture through a sieve to remove whole spices; return liquid to pan. Slice each pear into 12 slices. Add pears to pan, bring to a boil, cover and reduce heat. Simmer 3 to 5 minutes, or until fruit is tender.

2. When done, remove from heat, add blueberries and let cool. Refrigerate at least 8 hours before serving. Serves 4 to 6.

*Note:* To core the pears, peel them and slice in half vertically. Use a melon baller to scoop out the hard core. Then slice into 12 slices. Use apples, peaches, apricots or plums in place of the pears if desired.

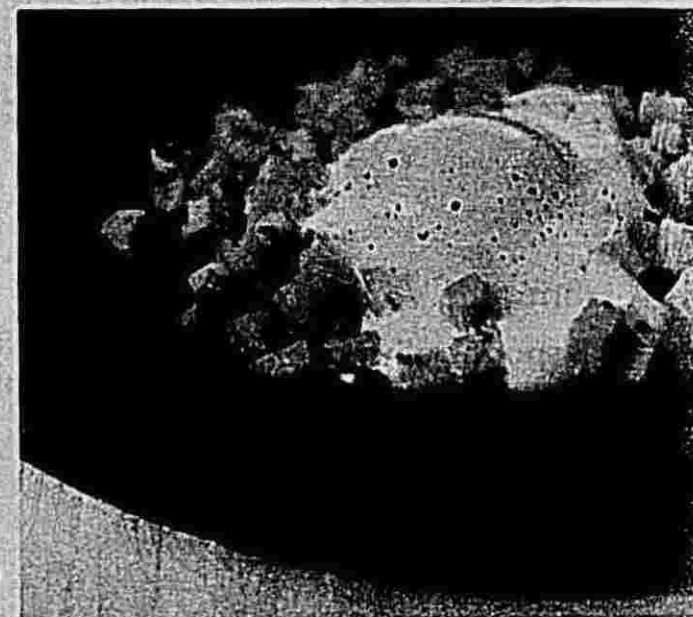
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## Sweet Potato Hash with Baked Eggs

*Delicious with bacon or sausage*

- 2 to 3 tablespoons vegetable oil
- 2 large sweet potatoes, peeled and chopped into ¼ to ½-inch dice (about 2½ cups or 13 ounces)
- 1½ cups minced yellow onion
- 1 garlic clove, minced
- 1 jalapeno pepper, minced
- ¼ teaspoon salt, divided
- Coarsely ground black pepper
- 4 eggs
- 3 tablespoons minced parsley or cilantro

1. Preheat oven to 400F.
2. Heat oil in a heavy skillet over medium-high heat. Add potatoes and onion and cook about 5 minutes, or until potatoes are tender. Reduce heat, add garlic and jalapeno pepper, and cook 1 to 2 minutes. Season with ½ teaspoon salt and pepper.
3. Make 4 evenly spaced, slight depressions in the hash and break an egg into each one. Place pan in the oven and bake 8 to 10 minutes, or until the eggs are cooked. Remove, season eggs with remaining salt and pepper, and garnish with parsley. Serves 4. ☆



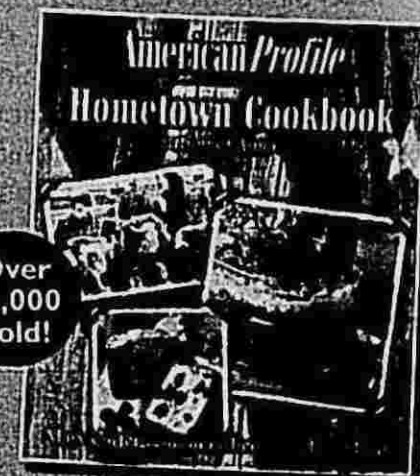
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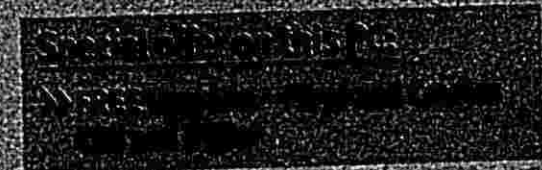
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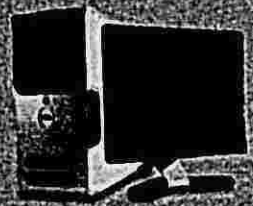
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## Hometown Recipes

from SUE  
THELEN

# Egg and Bacon Casserole

"My church serves this breakfast dish to students who are graduating from high school each May. It's always served with fresh fruit, pastries and, of course, fresh Wisconsin milk." ☆

### Search Our Recipe Database!

Our new online recipe database has more than 500 Hometown Recipes organized by category and keyword. Just log on to [AmericanProfile.com](http://AmericanProfile.com) and click on Recipes.

**AmericanProfile.com**

## RECIPE: Egg and Bacon Casserole

AmericanProfile



Sue Thelen  
Elkhorn, Wis.



## Egg and Bacon Casserole

- 12 eggs
- 1 quart milk
- 4 cups seasoned croutons
- 8 ounces shredded Cheddar cheese
- 1 tablespoon minced dried onion flakes
- 1 teaspoon dry mustard
- 1 pound bacon, cooked, drained and crumbled

1. Beat eggs lightly. Add milk, croutons, cheese, onion flakes and dry mustard. Stir well and refrigerate 8 hours or overnight.
2. Preheat oven to 350F. Coat a 13-by-9-inch baking dish with cooking spray.
3. Stir egg mixture and pour into pan. Bake 30 minutes. Remove from oven and stir. Sprinkle with crumbled bacon. Bake 25 minutes longer. Cut into squares. Serves 12.

Photo: High Cotton Food  
Styling and Photography

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KRAFT

You won't be able to wipe  
the 'cheesy' grin off your face.



UNLEASH THE CHEESE.





# Oatmeal Pancake Mix

from THERESA SLEMP

"These pancakes are easy and healthful. My sons often eat them without syrup. Just the aroma of these pancakes cooking can wake up my guys." ☆

## LIGHTEN UP

These days, we're all paying attention to fat and calories, or at least we should be. But don't give up on taste. Maybe your favorite recipes can be just as good using lower-fat ingredients. If you have a recipe that you'd like us to rework and include in *American Profile*, please send it to "Lighten Up," Hometown Recipes, *American Profile*, 341 Cool Springs Blvd., Suite 400, Franklin, Tenn. 37067.

Include a color photograph of yourself, your name, address, and phone number. All submissions and photos become property of *American Profile* (Sorry, we can't return any materials.)

## RECIPE: Oatmeal Pancake Mix

*American Profile*



Theresa Slemple  
Afton, Tenn.

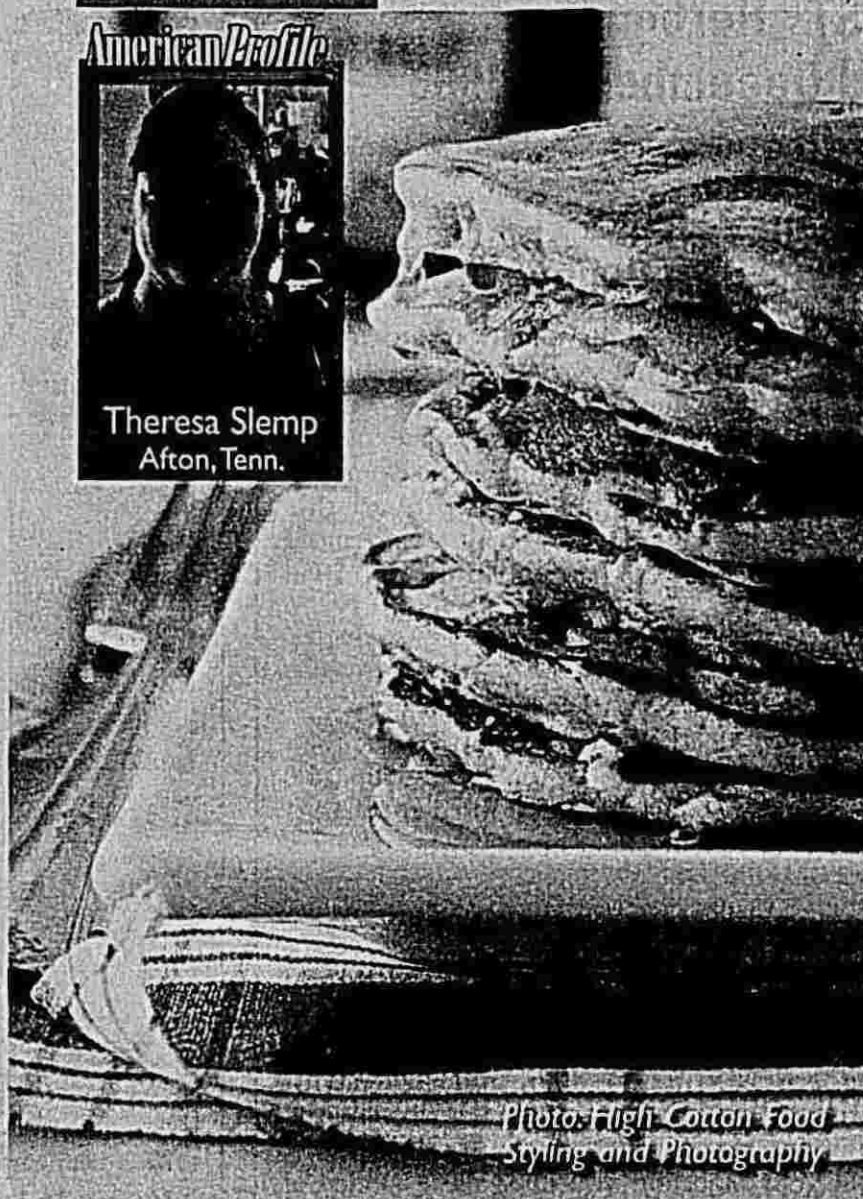


Photo: High Cotton Food  
Styling and Photography

## Oatmeal Pancake Mix

Mix:

- 4 cups old-fashioned oats
- 2 cups all-purpose flour
- 2 cups whole-wheat flour
- 1 cup packed brown sugar

- 1 cup instant nonfat dry milk
- 3 tablespoons baking powder
- 2 tablespoons cinnamon
- 5 teaspoons salt
- 1/2 teaspoon cream of tartar

Pancakes:

- 2 eggs
- 1/3 cup canola oil

- 2 cups pancake mix
- 1 cup water

1. Mix all ingredients together well. Store in a sealed gallon-size plastic storage bag or airtight container. Yield: 10 cups of pancake mix.

2. To make pancakes, beat eggs in a large bowl. Gradually beat in oil. Alternately add pancake mix and water to mixture. Blend well. Preheat and oil griddle. Pour 1/3 cup batter per pancake onto griddle. Cook until bubbles form around edges, turn and continue to cook until done. Yield: about 10 pancakes.

### Tips From Our Test Kitchen:

This mix, which makes up to five batches of pancakes, is great to have on hand for weekend guests or to give as a gift along with a printed recipe.

**LIP**  
*Lust*

It's what lips desire.



## If You Purchased POAST® Herbicide Between January 1, 1992 and December 31, 1996 for Use on Your Crops

### You May Be Entitled to Money From a Class Action Judgment if You File a Claim

A final judgment has been reached in a national class action, *Peterson v. BASF Corp.*, File No. C2-97-295. The case is in the Norman County District Court, Ada, Minnesota. The judgment provides a money award to farmers across the United States who purchased POAST® herbicide between January 1, 1992 and December 31, 1996. Because of another lawsuit, this class action excludes North Dakota residents who purchased POAST® in North Dakota.

**This judgment affects a "Class" or group of people that may include you. This is a summary of your rights. To get complete information and see if you qualify to receive a cash payment, you should visit [www.POASTclassaction.com](http://www.POASTclassaction.com) or call 1-800-678-9587.**

#### What is the Class Action About?

The lawsuit was filed in 1997 by 11 farmers who claimed that BASF Corporation ("BASF") fraudulently marketed the same herbicide as different products – POAST® and POAST Plus® – at different prices. The lawsuit claimed that this marketing was intended to obtain inflated prices for POAST® herbicide from minor crop farmers. Minor crop farmers are growers of sugarbeets, sunflowers, potatoes, field beans, fruits and vegetables, and flowers.

The case was certified as a class action under the New Jersey Consumer Fraud Act. Notice was published nationwide and no Class Members opted-out. After a five-week trial, a jury verdict was entered for the farmers. All appeals are final.

#### What is the Amount of the Judgment?

On November 17, 2006 BASF paid \$62.5 million into the Farmers' Common Fund ("Fund"), an interest-bearing bank account that will hold the money until it is paid to the Class and Counsel. It is estimated the amount in the Fund will increase to about \$65 million by the time the money is distributed.

#### How Will the Money be Distributed?

Class Members will be able to file a claim to receive a share of the Fund. About \$32 million should be available for the Class. Your share of the Fund will depend on the number of gallons of POAST® you purchased, and the total number of valid claims filed. The specific formula that will be used is described in more detail on the Web site, [www.POASTclassaction.com](http://www.POASTclassaction.com).

**POAST® is a herbicide marketed to farmers of minor crops such as sugarbeets, sunflowers, potatoes, field beans, fruits and vegetables, and flowers.**

Class Counsel are asking the Court to award attorneys' fees of \$29 million and to be reimbursed \$561,602.92 for expenses. Class Counsel worked on this case for 9 years and paid all expenses during that time. The Court has preliminarily approved this amount, but may award more or less at the final approval hearing.

The Court has also preliminarily approved a \$100,000 incentive award to each of the 11 Class Representatives for their time and effort representing the Class. The Court can change these amounts at the final approval hearing if it wishes.

#### What Are My Legal Rights?

- To obtain money from the judgment, you must file a claim as discussed below.
- As a member of the Class, you may object to the proposed Distribution Plan and request for attorneys' fees. You must file your objection in writing by May 9, 2007. If you wish to speak about your objection you must file a Notice of Appearance by May 9, 2007.

#### Can I Make A Claim?

If you purchased POAST® herbicide between January 1, 1992 and December 31, 1996, you are a Class Member and can file a claim. Because of another lawsuit, this class action excludes North Dakota residents who purchased POAST® in North Dakota. Proof of purchase is required.

#### How Can I File a Claim?

If you are a member of the Class, you must file a claim by May 16, 2007 with the POAST® Claims Administrator. Claim forms and additional information can be requested by visiting [www.POASTclassaction.com](http://www.POASTclassaction.com), calling the toll-free number below, or writing the POAST® Claims Administrator at the address listed below.

#### When Will the Plan Be Approved?

The Court will hold a final approval hearing on the proposed Distribution Plan and request for attorneys' fees on June 5, 2007 at 9:30 a.m. in the Courtroom of the Honorable Michael J. Kraker, at the Norman County Courthouse, 16 East Third Avenue, Ada, MN 56510. Class Counsel will represent your rights at the hearing but you can hire your own lawyer, at your own expense, if you wish.

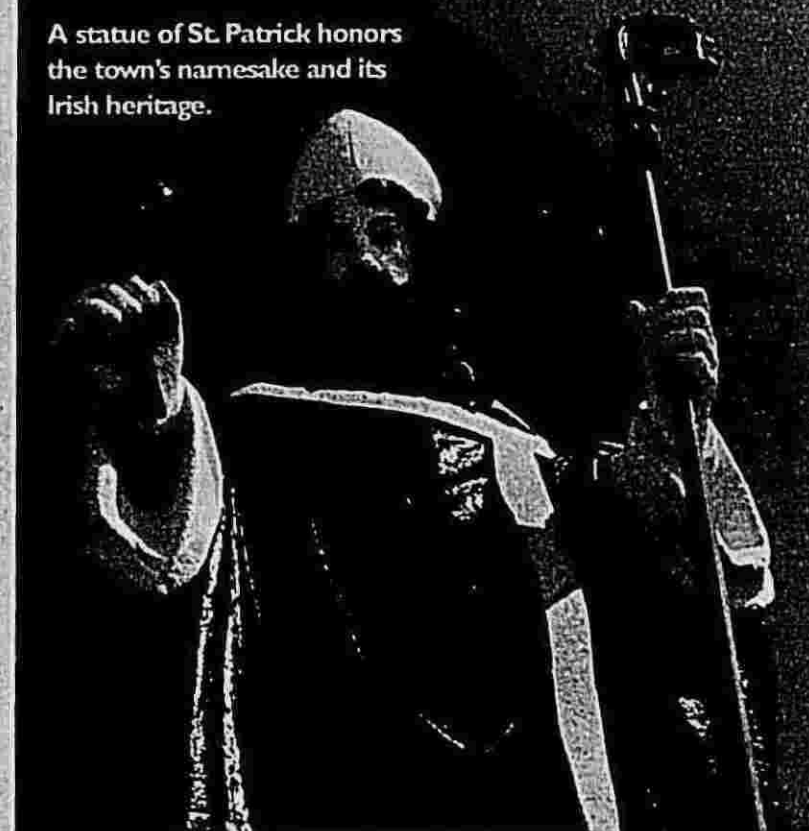
**To Get a Claim Form Package that Contains Information on Your Legal Rights and the Distribution Plan:**

**Visit: [www.POASTclassaction.com](http://www.POASTclassaction.com), Call: 1-800-678-9587**

**Or write: POAST® Claims Administrator, P.O. Box 1274  
Minneapolis, MN 55440-1274**

DO NOT CONTACT THE COURT REGARDING THIS NOTICE

A statue of St. Patrick honors the town's namesake and its Irish heritage.



Marcus Duignan

(Continued from page 6)

that he built this church in a rural area, because so often in life we exalt the big and forget the small," says Duignan, 70. "I'm humbled by what he was able to achieve and by how this church continues to be so well loved by the people here." ☆

Lori Erickson is a writer based in Iowa City, Iowa.

#### Did you like this story?

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An extraordinary  
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*Heavenly Handfuls* are approximately 4½" long and are posable. Pictured above is "Handful of Love" with "Handful of Joy", coming soon to your collection.

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"A Handful of Love," the first *Heavenly Handfuls* issue, is a tiny masterpiece of sculpting, detailed down to the creases on the bottoms of this little baby's feet. This delicate baby is re-created in the finest quality artist vinyl and hand-painted. Her soft body makes her easy to pose in a multitude of ways. And you'll be amazed at the marvelous costuming, accurate to scale and beautifully made. And she fits neatly in the palm of your hand! "A Handful of Love" even comes with a little pink blanket. Pure heaven!

### *Don't Miss What Might Be Your Only Chance to Own These Incredible Dolls!*

As you might expect, an important achievement in doll art such as this is bound to be in great demand, so ordering right away is highly recommended. Others have paid hundreds for a Brooke Cunningham original, but "A Handful of Love" can be yours for just \$29.99\*. Our 365-Day Guarantee assures 100% satisfaction. You may cancel your subscription at any time. To order, send no money now. Just complete and mail the coupon today.

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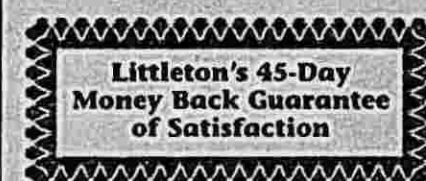
Not available from the U.S. Mint! America's popular Sacagawea  
dollars are vanishing into private collections! Fortunately, a limited  
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## Tidbits Did You Know...

**ILLINOIS**—In 1992, Chicago-born William  
Pinkney became the first African-American to sail  
solo around the world, passing its five southern-  
most capes. Because his boat was rigged with a  
satellite-powered computer and short-wave radio,  
schoolchildren worldwide were able to follow his  
two-year voyage.

**INDIANA**—The nation's largest manufac-  
turer of push reel mowers is the family-owned  
American Lawn Mower Co. in Shelbyville (pop.  
17,951) with administrative offices in Muncie. The  
company began making the people-powered mowers  
in 1895.

**IOWA**—The state's tallest building rises 630 feet  
and is known as the 801 Grand building in Des Moines.  
The 45-story building was completed in 1991.

**KANSAS**—Finished in 1918, the limestone  
Holy Cross Church in the farming community of  
Pfeifer is sometimes called the "two-cent church"  
because to finance the building, parishioners were  
assessed two cents on every bushel of wheat sold.

**MICHIGAN**—Ishpeming (pop. 6,686) in Mar-  
quette County is home to an outcrop of red jasper quartz,  
called Jasper Knob, which the city touts as the "world's  
largest gemstone."

**MINNESOTA**—Founded in 1865, Faribault  
Woolen Mill in Faribault (pop. 20,818) produces more  
than half of the woolen blankets and throws in the  
United States. The mill is one of the nation's few re-  
maining "fully vertical" woolen mills, which means  
it performs all functions required to change raw fiber  
into woven blankets.

**MISSOURI**—Tightwad Bank closed in Janu-  
ary after 22 years in business. Customers from  
around the nation opened accounts totaling \$2.2  
million at the Tightwad (pop. 63) institution be-  
cause they enjoyed the novelty of writing checks  
listed from "Tightwad."

**NEBRASKA**—Since 1988, the Fremont Din-  
ner Train has treated passengers to 1940s-era re-  
furnished dining cars on travels between Fremont  
(pop. 25,174) and Hooper (pop. 827) on tracks  
owned by the Fremont and Elkhorn Valley Rail-

road. Other entertainment includes melodramas,  
murder mysteries, movies and holiday runs.

**NORTH DAKOTA**—Founded in 1884,  
Napoleon (pop. 857) was named for settler Napo-  
leon Goodsill, the town's storekeeper. Napoleon is  
the county seat of Logan County (pop. 2,308).

**OHIO**—The nation's longest serving U.S. Sec-  
retary of Health and Human Services was Donna  
E. Shalala, appointed to the post in 1993, who  
served for eight years. Shalala was born in 1941  
in Cleveland.

**SOUTH DAKOTA**—At nearly 7,000 feet  
of elevation, Deer Mountain in the Black Hills  
near Lead (pop. 3,027) is a favorite destination for  
skiers and snowmobile enthusiasts.

**WISCONSIN**—Founded in 1904 in Chippe-  
wa Falls (pop. 12,925), Mason Shoe Co. got a foothold  
in the business by manufacturing sturdy leather boots  
for the region's lumberjacks. Today, the family-owned  
company no longer makes shoes, but is one of the na-  
tion's largest catalog and online footwear retailers.

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Dr. Steffanie Seaver PSY.D is an expert in the area of interpersonal relationships. Researcher, author and accomplished public speaker, she has lectured nationwide for over a decade. Dr. Seaver has also been involved with several publications covering relationship and lifestyle issues.

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\*See Reader's Note for details.

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**Q:** Dear Steffanie,

*For the past year, I've been having some confidence issues. It's really dragging me and my relationship with my wife down. I wanted to try some pills I heard about but I found out they can take 3 or more months to work. In your judgment, does anything work faster or better?*

Jason M.  
Manhattan Beach, CA

**A:** Well Jason,

The verdict is in and I just happen to have the perfect answer to boost you and your confidence, while giving your wife the time of her life ... repeatedly!

For months my husband was feeling the exact same way you were and then, one night, we had the most phenomenal experience, EVER. I had never seen him more excited and powerful. He took control right from the start and the feelings

we shared together were totally mind-blowing. And, here's the best part, every time since that night, he just keeps getting better and better. It's amazing! I can't get enough of him now!

Finally, the other day, my curiosity took over. I had to know what brought about this drastic change. So, I asked him. To my shock, he handed me a tube of Maxoderm. I just couldn't believe this product Maxoderm was actually making him feel fuller and more virile. I did a little research and was surprised by what I found.

**Maxoderm IS Instant Male Enhancement. Recommended by Leading Physician, Michael A. Savino, M.D., F.A.C.S.,** it's the premiere all natural, fast-acting topical lotion designed to instantly enhance virility quality and firmness, while intensifying our pleasure for the ultimate experience. Since 1998, men have had the option to turn to prescription drugs. But with embarrassing doctor visits required and even worse the potential side effects that have been in the news recently, more and more men are searching for safe alternatives that work. To my intimate

knowledge, Maxoderm's targeted delivery system immediately and effectively reaches the desired area directly upon application, maximizing absorption, resulting in a performance to be proud of each and every time. I'm a huge (and grateful) fan of Maxoderm. And trust me, I *know* my husband is too!

You can check out Maxoderm by calling **1-800-504-4851** or going to **www.getmaxoderm.com**. I know they offer **RISK FREE TRIALS** and even give a **FREE MONTH SUPPLY** with your phone or web order. Oh and best of all, Maxoderm is backed by a **90 Day Money Back Guarantee**. You can't beat that!

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*Steffanie Seaver*

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\*see Reader's Note



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## Gardening

by KATHY  
LA LIBERTE

## Combining Plants and Containers

### Selecting the perfect plant

and container combination to beautify your home, patio or deck can be a difficult task. Here are a few suggestions to ensure success.

**Container basics**—When selecting a container for your plants, choose a color, shape and style that complement the surroundings. Pots and window boxes are available in ceramic, concrete, faux lead, fiberglass, plastic, stone, terra cotta and wood. Remember, the bigger the pot, the easier it is to keep plants well-watered and healthy.

**Plant designs**—An easy way to enhance the look of containers is to use the "thrillers, fillers and spillers" technique. Thrillers are tall plants, such as cannas, that can be placed in the center or back of a container, depending on how it's viewed. Thrillers provide a dramatic accent as a way to draw attention. Fillers are medium-size plants that weave together all the other plants in your container, giving it a lush look. Spillers are cascading plants, such as sweet potato vine, that drape down over the pot.

**Choosing the best color**—For a container that will be viewed from a distance, use bold-colored flowers in warm orange, red or yellow. For containers viewed up close on your deck or patio, choose more subtle tones, such as white, blue or pink. Leaf color and texture can add yet another dimension of interest to a container. ☆

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# "I was big—now I'm not!"

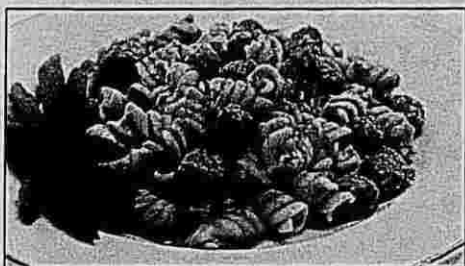
## "It's just an easy, breezy program!"

One morning Tammy couldn't get out of bed. Having ballooned to 260 lbs., she just didn't have the energy. It was then she realized she had to make a change or lose the most important fight of her life. "That day," the now perky girl from Kankakee, Illinois, bubbled, "I realized I wasn't living at all. I finally said enough is enough. I eventually lost 138 lbs. and got my life back, thanks to a no-brainer plan from NutriSystem®."

That morning, I talked to my fiancé about wanting to lose weight—we had those conversations a lot. I talked the talk, but never walked the walk. I had become a lifeless blob and was terribly unhappy with myself. I couldn't imagine how anyone else could be happy with me, either. Finally, I went over to the mirror, and said, "I've had enough!" So I started NutriSystem® and in less than a year, I lost 125 lbs.!

### "Right away I thought, 'This is too easy!'"

I chose NutriSystem because it was the only program that literally did all of the work for me. They delivered all the meals and desserts right to my door, and even gave me a weight loss counselor I could call whenever I had any questions or was just having a bad day. I didn't have time to go all the way across town to weigh-in in front of a whole bunch of people. (Heck, I hardly have time to get to the grocery store!) With NutriSystem everything came to me. It's SO convenient.



"Yes, I ate my favorite, rotini and meatballs, and still lost 138 lbs.!"

### "I ate 5 meals every day—even dessert!"

I'd been on a ton of diets. But this was the first one that let me eat five times a day! And if you think I was eating "rabbit food," boy, are you wrong! I was eating pancakes with maple syrup! Hamburgers! Pasta! Pot roast! Even chocolate cake! What diet ever lets you eat all that?

### "And wow! The weight kept coming off."

Every NutriSystem meal was perfectly portioned, so I couldn't screw up by eating too many calories. Plus! I never had to think about what I was going to cook for breakfast, lunch or dinner. All I had to do was choose an entrée (they have over 120, you know) and it took just minutes to make one. And voilà! I had a delicious gourmet meal that I could eat at the same time as my fiancé. I loved being able to have dinner with him.

### "NutriSystem took the work out of weight loss."

Look. There's just no simpler plan than NutriSystem. (Losing weight is hard enough—you don't need anything else complicating it.) And you don't have to pay any money to join NutriSystem, either. You only pay for the great-tasting food you eat (the rotini and meatballs are my favorite!). Better yet! I never had to go to meetings or gorge myself on just meats (how boring is that after a few months?). It was so nice not having to count points, calories, or carbs. And I didn't have to weigh or measure anything. It's a no-brainer plan! And if you busy moms out there don't think you have time to fit a weight loss program into your day, think again. NutriSystem is the program for you!

### "I feel happy, healthy...and yes, even SEXY!"

Why did I succeed on NutriSystem? Well, because it was SO easy! Like my friends and family know, I'm living proof of how well it works. I was big—now I'm not! Here I am—138 lbs. lighter! For the first time ever, I can see my collarbone, feel my hips, and wear a two-piece bathing suit out in public. (You just don't know what that can do to a woman's self-esteem!) Thanks to NutriSystem, I'm a new person and I love the new life I lead. Now, I'm not just "alive," I'm living life to the fullest!

## nutrisystem®



Tammy LOST 138 LBS.\*

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\*Weight lost on prior NutriSystem program. Results not typical. All other weight loss claims are based on an independent survey of NutriSystem clients who stayed on-program for an average of 12 weeks. On NutriSystem, you add-in fresh fruit, vegetables, salads and dairy items.



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Digital Home Advantage: Pay \$49.99 Activation Fee; receive \$49.99 credit on first bill with 18-month qualifying programming purchase (minimum of DishFAMILY). Requires Social Security Number, valid major credit card and credit approval. If qualifying service is terminated prior to end of 18-month period, a cancellation fee equal to the lesser of \$240 or \$13.33 per cancelled month of service will apply. Equipment must be returned to DISH Network upon termination of qualifying service. Limit 4 tuners per account. Monthly package price includes an equipment rental fee of \$5.00 or \$4.00 for first receiver, based on selected model. A monthly equipment rental fee of \$5.00 or \$4.00 will be charged for each receiver beyond the first, based on selected model. DishDVR Advantage: Customer must sign up for Credit Card AutoPay with online billing and be eligible to receive local channels. Discounted price will continue to apply after 18-month commitment unless customer downgrades from qualifying programming (America's Top 200 and local channels), drops Credit Card AutoPay or removes qualifying dual-tuner DVR receiver from account. Then-current prices will apply for all programming and equipment fees.

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